

› Food guide tables

The following tables provide a detailed guide of the types of foods commonly sold in school canteens and where they fit into the 'Go for your life' Healthy Canteen Kit – Food Planner categories. Where there is more than one possible category, this indicates that brands and varieties of this food or product may differ and may fit into either of the categories marked. Ideas and suggestions are provided for judging which of these categories to choose.

Food types

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Breads and alternatives	Breads/rolls – wholemeal, wholegrain, multigrain, high-fibre white, pita bread, English muffins, lavash bread, Lebanese bread, foccacia, bagels, crumpets	✓			<p>Breads can be used in many different ways for both snacks and main meal choices in the canteen.</p> <p>Choose a variety of different breads, preferably wholegrain, to add interest to your canteen menu.</p> <p>Try breads hot such as jaffles, hot rolls and wraps.</p> <p>Experiment with interesting sandwich fillings and spreads. Always include vegetables in fillings.</p> <p>Tip: See the bread through the spread!</p>
	Raisin and fruit breads or fruit buns (no icing)	✓			
	Scones – plain, savoury or fruit	✓			
	Pikelets	✓			Try cooking pikelets plain or with ricotta or fruit.
	Rice or corn cakes/crackers	✓			
	Crisp bread, wholemeal or grainy crackers	✓			Serve crisp bread or crackers as a snack or as part of a salad lunch meal.
Rice, grains, noodles and pasta	Plain rice, pasta and noodles	✓			<p>Avoid adding fats when cooking these dishes. Add plenty of vegetables for a healthy meal.</p> <p>Try dishes like couscous salad, rice salad, noodle stir-fries and pasta bakes.</p>
	Commercially prepared pasta products, instant noodles and rice		✓	✓	Watch commercially prepared and instant-style noodles and rice as they may be high in saturated fat and sodium. Choose reduced fat and sodium varieties.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Breakfast cereals	High fibre, low fat	✓			Wholegrain cereals, wholewheat flakes and biscuits, and porridge fit into the Everyday category. Serve these with low-fat milk.
	Refined cereals		✓		Refined cereals with added sugar and low fibre usually fit into the Select Carefully category. Tip: Include as a nibble mix in a small bag for a healthy alternative snack idea.
Fruit	Fresh	✓			Serve whole or cut portions of fresh fruit in season. Serve in interesting ways, for example fruit kebabs, grapes in a cup, chopped fruit served in square wafer cone. Serve chilled unsweetened fruit salad – fresh or pre-cut. Try serving with a dollop of low-fat yoghurt, ice-cream or custard.
	Frozen	✓			Try frozen fruit, for example grapes or a banana on a stick.
	Canned (in natural juice)	✓			
	Dried	✓			Dried fruit is sticky, so is best eaten as part of a meal.
Vegetables	Baked potatoes	✓			Cook potatoes in their skins, split and fill with any combination of sandwich fillings or other ingredients such as baked beans, mince, creamed corn, tabouli, tuna, diced vegetables. Top with low-fat grated cheese, low-fat yoghurt or low-fat sour cream.
	Corn on the cob	✓			Include plenty of vegetables in hot foods, for example vegetable lasagna or pasta sauce, vegetable stir-fries, vegetable patties, vegetable fillos, spinach and ricotta cannelloni.
	Vegetable sticks and dip	✓			Add diced vegetables to fried rice. Tip: Frozen or canned vegetables are a convenient alternative if fresh vegetables are not available. Include vegetables as snacks, for example vegetable pieces, celery sticks and peanut butter*, chunky vegetable pieces with low-fat and low-salt dips, a small container of mixed bite-sized vegetables such as cherry tomatoes, carrot sticks, peas, cucumber.
	Cherry tomatoes	✓			Corn on the cob or vegetable soup can be a warm recess snack in winter.



* Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow's milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Legumes	Chick peas, kidney beans and lentils	✓			Dried or canned. Add canned kidney beans to bolognese sauce. Use canned beans as an interesting addition to salads. Use in soups.
	Baked beans	✓			Choose salt-reduced baked beans and use as a meat alternative in jaffles, sandwiches or as a topping on potatoes.
	Lentil patties	✓			Lentil patties can be used in rolls, sandwiches or as a wrap and served with salad. They can be easily made, or purchased commercially (often higher in salt).
	Falafel	✓	✓		Some commercially made falafels may be higher in fat and salt.
Salads	All garden vegetable mixtures	✓			Try interesting combinations, for example warm chicken/beef salads, Asian-style salads, roast vegetable salads, Greek salads.
	Bean mix	✓			Include a protein source such as lean meat, tuna, chicken, low-fat cheese, nuts* or legumes.
	Tabouli	✓			Serve as a salad plate, box or tub.
	Rice	✓			Use different dressings for variety. Dressings should be low-fat and low-salt – a no-oil dressing is good.
	Potato salad	✓	✓		Salads dressed with lots of oil or mayonnaise may fall in the Select Carefully category.
	Coleslaw	✓	✓		
	Egg	✓	✓		
	Pasta	✓	✓		
Soups	Canteen made	✓	✓		Soups are nutritious, satisfying winter foods that are inexpensive and easy to prepare.
	Canned	✓	✓		Soups either made in the canteen or low-salt, commercially prepared or canned soups can be sold in cups along with a bread roll.
	Commercially prepared	✓	✓		When serving soup to younger children stand and cool slightly before serving. When making soup, use reduced-salt stock, avoid adding salt and use herbs and spices instead. Some canned and commercially prepared soups may be high in salt.
Dairy foods	Yoghurt	✓	✓		Reduced-fat dairy products are recommended for school-aged children and adolescents.
	Custard and dairy desserts		✓	✓	Reduced-fat yoghurt and custard can be frozen as a summer snack. Plain natural yoghurt makes a good sauce or dressing for savoury foods.
	Cheese	✓	✓		Use reduced-fat cheeses as standard in the canteen. Ricotta and cottage cheese are naturally lower in fat than other cheeses.
	Milk (see drinks)				

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Meat/fish/poultry (not crumbed) and alternatives	Lean meats, for example roast beef, stir-fry strips	✓			These foods are a good source of protein and can be used in sandwiches, hot rolls, and salads, on pizzas, in hot dishes, burgers or wraps, stir-fries, casseroles.
	Lean chicken meat (no skin)	✓			Check all meats for visible fat.
	Turkey	✓			
	Egg	✓			Try omelettes, frittatas, mashed or sliced hard-boiled eggs.
	Fish, for example tuna or salmon in spring water, sardines	✓			
	Nuts*	✓			Check your school's policy on nuts and nut products and allergy.
	Meat, chicken or fish patties (not crumbed)		✓		Ensure minced meat for burgers is lean or pre-made patties are labelled low fat. For a healthier meal, serve these Select Carefully foods with salad or add vegetables.
	Meat balls		✓		
	Chicken drumsticks and wings		✓		Remove skin from chicken. Chicken drumsticks are a popular choice when basted in honey and soy sauce and baked.
Processed meats	Ham Corned beef/silverside Devon Chicken loaf/roll		✓		These foods are usually high in sodium and/or saturated fat, putting them in the Select Carefully category. Lean leg ham and silverside are better choices.
	Bacon Pastrami Salami		✓	✓	If using these products, choose the reduced-fat versions, use in small amounts and serve with salad and bread-based foods.
Crumbed or coated chicken, fish or vegetable products	Chicken nuggets		✓	✓	Some of these products may be high in saturated fat and/or sodium so it is important to check them against the nutrient criteria for an Occasionally food.
	Chicken fillet wedges/strips		✓	✓	
	Chicken patties		✓	✓	If using these products don't deep fry.
	Fish fingers		✓	✓	Serve in small quantities to keep the kilojoule intake down.
	Fish burgers		✓	✓	Serve with vegetables.
	Vegetable patties		✓	✓	
	Sausages, frankfurts, hotdogs		✓	✓	Most frankfurts are high in sodium. Choose a reduced-fat and sodium version and serve on a wholemeal bun to boost the nutritional value.
	Crumbed or battered saveloys/sausages			✓	Sausages and battered saveloys are very high in saturated fat and sodium, placing them in the Occasionally category. They are not recommended for supply in school canteens.

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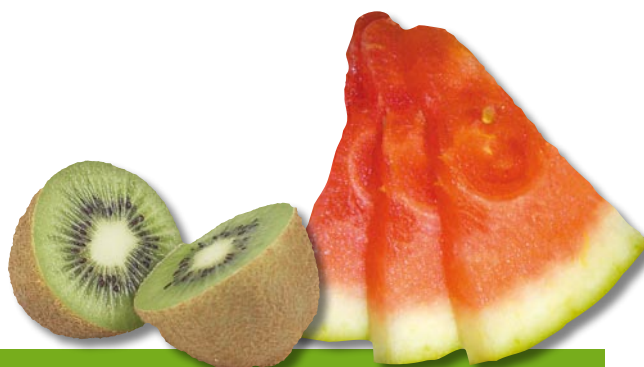
FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Oven-baked potato products	Wedges Chips Hash browns Scallops Gems		✓	↯	Oven-baked potato products usually fit into the Select Carefully category but check the label against the nutrient criteria to be sure. Don't deep fry and serve in small quantities.
	Pasta products Lasagna Spaghetti bolognese Macaroni cheese		✓	↯	Check the label against the nutrient criteria for an Occasionally food. Pastas served with a tomato-based sauce and vegetables are a good option. Avoid large serve sizes and serve with plenty of salad. Use low-fat cheeses and sauces, for example ricotta.
	Pizza		✓	↯	Choose thin crust pizzas. Select those with vegetable toppings and lean meat. Avoid salami or shredded pizza ham. Add extra vegetable toppings.
	Muffin or pita-based vegetarian	✓			
	Homemade	✓	✓		Pita bread or muffins make a good base. Top with lean meat, vegetables and low-fat cheese.
Savoury pastries/breads	Standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas		✓	↯	Many pastries are high in saturated fat and sodium and fall into the Occasionally category. Check the label against the nutrient criteria for an Occasionally food. There are some reduced-fat, small serve versions available. Choose those that are vegetable-based. Filo pastry or lavash bread is a healthier alternative.
	Savoury croissants			↯	Croissants are very high in saturated fat and kilojoules. They are not recommended for supply in school canteens.
	Garlic bread		✓	↯	May be high in saturated fat and sodium. Check the label. To make your own healthier version, lightly brush or spray bread with olive oil and crushed garlic.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Spring rolls, chiko rolls, dim sims			✓	✓	<p>Check these products against the nutrient criteria for an Occasionally food.</p> <p>When using varieties of these products that fall into the Select Carefully category, don't deep fry. Oven bake or steam.</p> <p>Choose vegetable-based versions.</p>
Sauces and gravies	Tomato, sweet chilli, BBQ, soy, satay*, pickles, chutneys and gravies		✓		<p>Choose reduced-salt and reduced-fat varieties where possible and use sparingly.</p> <p>Check the school policy regarding the use of nuts and nut products and allergy when using satay sauces.</p>
Fats and oils	Margarine and oil		✓	✓	<p>Choose monounsaturated or polyunsaturated varieties and use sparingly</p> <p>Butter, cophera, ghee and lard are high in saturated fat. Use polyunsaturated or monounsaturated margarine or oils instead</p>
	Mayonnaise and dressings		✓		<p>Choose reduced or low-fat varieties and use sparingly.</p>
Spreads	Peanut butter and other spreads*		✓	✓	<p>Check your school policy regarding nuts and nut products and allergy.</p> <p>Use spreads sparingly. Choose reduced-fat, reduced-salt varieties where available.</p> <p>Tip: See the bread through the spread!</p>
	Jam/fruit spread, honey, Vegemite/yeast spreads, meat pastes		✓		
	Chocolate spreads, syrups and toppings			✓	



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Cakes, muffins, sweet pastries, slices, biscuits			✓	↖	Check the product against the nutrient criteria for an Occasionally food. Some un-iced cakes, muffins and sweet biscuits that are a small serve size and are reduced fat, high fibre and based on fruit may fall into the Select Carefully category.
				↖	Most commercially produced sweet products fall into the Occasionally category, for example, donuts, cirossants, chocolate slices, danishes and lamingtons.
Ice-creams, milk-based ice confections, dairy desserts	Chocolate-coated and premium			↖	Check ice-creams, milk-based ice confections and dairy desserts against the nutrient criteria for an Occasionally food.
	Reduced and low-fat ice-creams and milk-based ice confections		✓	↖	
	Dairy desserts		✓	↖	



FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Ice blocks, water- or fruit-based ice confections, ice crushes			✓	✓	Check against the nutrient criteria for an Occasionally food. Choose those that are based on 100% fruit juice.
Savoury snack foods	Popcorn	✓			Popcorn with no added fat, salt or sugar is a high-fibre, low-fat alternative snack food to chips.
	Flavoured popcorn		✓	✓	The product may be too high in saturated fat and/or sodium. Check against the nutrient criteria for an Occasionally food.
	Crisps and chips			✓	Crisps and chips are usually too high in kilojoules and/or saturated fat and/or sodium. They mostly fit into the Occasionally category.
	Savoury biscuits		✓	✓	Check against the nutrient criteria for an Occasionally food. Many products are too high in saturated fat and/or sodium.
Snack food bars*	Cereal-based Fruit Breakfast		✓	✓	Choose carefully. Look for high-fibre products and watch the serve size. Check against the nutrient criteria for an Occasionally food.
Confectionery	<p>Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009.</p> <p>From 2009, no confectionery should be supplied through school food services.</p>				

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Drinks	Water	✓			Water is the best thirst quencher and the drink most suitable for children. Provide plain water, spring, mineral or sparkling. Ensure it is icy cold in summer.
	Milk – Reduced fat	✓			Over the age of 2 years, children and adolescents are encouraged to drink reduced-fat milks. Choose reduced-fat or low-fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.
	Milk – Full fat		✓		Watch the serve size of flavoured milk. A recommended serve size is 250–300ml or less.
	Soy drinks – Reduced fat, plain or flavoured	✓			Children and adolescents do not need full-fat soy drinks. Choose calcium enriched reduced- or low-fat versions.
	Soy drinks – Full fat, plain or flavoured		✓		Watch the serve size of flavoured soy drinks. A suggested serve size is 250 to 300 ml or less. Larger quantities of flavoured soy drinks can contribute excess kilojoules.
	Fruit juices (100%)		✓		The recommended serve size for juices is 125 ml. Stock the smallest serve sizes of juices (not more than 250 ml). Larger quantities of juice can contribute excess kilojoules. Try to choose juices that contain some fibre.
	Sports waters		✓	✓	Some sports waters that are very slightly flavoured and moderate in kilojoules fit the Select Carefully category. Larger quantities of sports waters can contribute excess kilojoules. Check against the nutrient criteria for Occasionally foods.
	Artificially sweetened		✓		Artificially sweetened drinks fit into the Select Carefully category.
	Fruit-flavoured drinks			✓	Fruit-flavoured drinks can contain from 5–50% or more fruit juice. They are of minimal nutritional value and fit into the Occasionally category.
	Cordial			✓	Cordial is of minimal nutritional value. It fits into the Occasionally category and is not recommended for supply in school canteens.
Sports drinks			✓	Sports drinks are of minimal nutritional value. They fit into the Occasionally category and are not recommended for supply in school canteens.	

From 2007, high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content.

